



AOLE	Subject	Year	Assessment
Health and Wellbeing	Food	7	Baseline Test

Progression Table		
Progression Indicator	Knowledge	Skills
Excelling	<p>I have a full comprehensive knowledge of the kitchen. I know all of the healthy and safety requirements that keep you safe in the kitchen.</p> <p>I know all of the utensils that are used in the kitchen and give explanations for each item.</p> <p>I know what types of food should be used on different chopping boards.</p> <p>I know all 5 sections of the 'Eatwell Plate' and know a detailed amount of ingredients that make up carbohydrates, proteins etc.</p>	<p>Identify healthy and safety requirements in the kitchen.</p> <p>Identify the correct food with the correct chopping board.</p> <p>Explain the use of the kitchen utensils in detail.</p> <p>Describe the 'Eatwell Plate'.</p> <p>Identify various different food groups.</p>
Advancing	<p>I know most of the health and safety standards in the kitchen.</p> <p>I know what type of chopping board should be used and for which type of food it should be used with.</p> <p>I know most kitchen utensils that are used in the kitchen and give explanations for their use.</p> <p>I know some different food items such as different carbohydrates, fruits, proteins etc.</p>	<p>Identify healthy and safety requirements in the kitchen.</p> <p>Identify the correct food with the correct chopping board.</p> <p>Explain the use of the kitchen utensils.</p> <p>Describe the 'Eatwell Plate'.</p> <p>Identify various different food groups.</p>
Securing	<p>I know some of the health and safety in the kitchen.</p> <p>I know some basic hygiene standards, for example knowing which chopping boards should be used.</p> <p>I know some kitchen utensils that are used in the kitchen.</p>	<p>Identify healthy and safety requirements in the kitchen.</p> <p>Identify the correct food with the correct chopping board.</p> <p>identify the different kitchen utensils.</p>
Beginning	<p>I know a limited amount of health and safety in the kitchen.</p> <p>I know a limited number of kitchen utensils that are used in the kitchen.</p>	<p>Identify healthy and safety requirements in the kitchen.</p>

